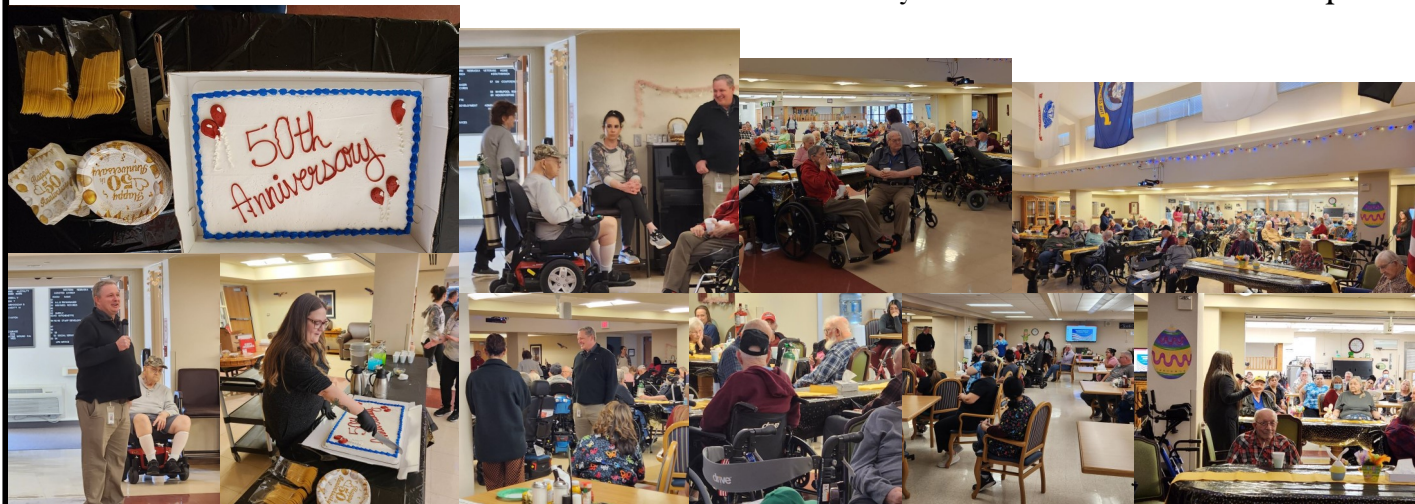


# Celebrating 50 years at WNVH!

Western Nebraska Veterans Home Celebrated their 50th year Anniversary on March 19th, 2025. Members and staff celebrated by watching a Power Point filled with photos of things that have happened to the facility in the past 50 years. They heard from members who used to work here and now live here, staff that have been here for many years and many others shared stories. After they celebrated with cake and punch.



## Member voted employee of the month.



*January*  
Terry Allgayer



*February*  
Gary Hitchcock



*March*  
Jason Temple

## *In Remembrance of Those Members Who Have Passed.*

*As we express our gratitude, we must never forget that the highest appreciation is not to utter the words but to live by them.* ~ John F. Kennedy ~



- George Karubas-Navy
- Lee Pedersen-Army
- Leo Tritle- Air Force
- Harold Keller-Air Force
- Ron Dutton-Air Force



VOLUME 9 ISSUE 1  
JANUARY FEBRUARY  
MARCH 2025

WESTERN NEBRASKA VETERANS HOME

# The Vets Gazette



## *Your Life's Journey*



Lynn Marie Purdy was born December 4th, 1951 in Mitchell, SD (home of the Corn Palace). Lynn is the oldest of 9 children, 6 brothers and 2 sisters. Lynn attended Grand Island Central Catholic and became Homecoming Queen in 1969. She graduated in 1970.

Lynn served in the U.S. Navy and was stationed in Key West, Florida. Lynn was one of very few women accepted to Seal School but instead decided to stay at the job she loved as a communications yeoman. She was also in Reconnaissance Attack Squadron 3 (Sea Dragons). While on reserve duty, Lynn traveled much of the world including to Germany, Hawaii, Okinawa Japan and Scotland. Lynn also had secret crypto clearance and secret crypto clearance at NATO.

Her medals include the National Defense Service Medal, Expert Rifleman Medal, Expert Pistol Shot Medal, the United States Naval Reserve Meritorious Service Medal, the Navy Good Conduct Medal, Navy Meritorious Unit Commendation Ribbon and the Navy Overseas Service Ribbon. Lynn is also a charter member of the Women in Military History Museum in Washington D.C. and she served on the U.S.S. Acadia twice.



When Lynn left the Navy she became a teacher of English, Journalism, Speech and Theatre throughout Nebraska. If that isn't enough Lynn also started a program from 2010-2022 where she cared for owls, falcons, hawks and other raptors in her own home. She retired from South Dakota Game, Fish and Parks in 2022. Lynn would like to be remembered as a funny, kind and generous person.



Article written by: Terry Allgayer, Sarrah Felz and Your Life's Journey Committee

QUARTERLY  
MEMBER  
BIRTHDAYS

JANUARY  
FEBRUARY  
MARCH

# HAPPY BIRTHDAY



Neal B. David B. Dorothy C. Mary C.  
Barbara C. Dean F. Ellen J. Cheri L.  
Norma L. Shirley L. Roy M. Tom M.  
Pat R. Frank S. Chev S. Barb V.

Birthdays are a new start, a fresh beginning and a time to pursue new endeavors with new goals.

## Summer Tips and Tricks



Severe spring and summer weather can be hard for anyone to deal with but, for many reasons, older adults may have a harder time adjusting to severe weather. Severe spring and summer weather in Nebraska may include severe thunderstorms, tornados, floods and flash floods, high winds, excessive heat, fog, and more.

As we age, our bodies do not adjust as well to high temperatures, humidity, or sudden changes as they did when we were younger. Plus, chronic health conditions and the medications we take to treat them can change how our bodies respond to heat. Common types of heat-related illnesses that affect older adults include:

- ◆ Heat cramps are muscle cramps, most often in the legs, caused by not drinking enough to replace fluids and nutrients lost to sweating.
- ◆ Heat exhaustion is potentially life-threatening condition caused by not enough fluids, hot environments and high body temperatures.
- ◆ Heat stroke is a life-threatening condition caused when the body is unable to regulate its own internal temperature in a hot and humid environment.

Extremely hot days are severe weather. When high temperatures are in the forecast, follow these tips to protect yourself or older loved ones from heat-related illness.

- ◆ Drink plenty of cool, non-alcoholic beverages.
- ◆ Wear lightweight clothing.
- ◆ Rest frequently.
- ◆ Seek an air conditioned environment.
- ◆ Remain indoors during the hottest part of the day.
- ◆ Avoid strenuous activity when it is hot.
- ◆ Take a cool shower, bath or sponge bath.



Learn to recognize the symptoms of heat related illness. These include: weakness, lightheadedness, nausea, rapid heartbeat, headache, unusual skin temperature, disorientation. If you or a loved one have any of these symptoms, move to a cooler place and seek medical attention immediately.

<https://aging.ohio.gov/care-and-living/health-and-safety/health-and-safety-resources/spring-summer-safety-for-older-adults>



Please welcome the following Members to Western Nebraska Veterans Home!



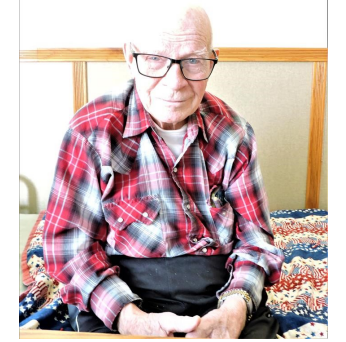
Timothy H.



James P.



Milton M.



Neal B.



Lynn P.



Oris P.



Please welcome the following TEAMMATES to Western Nebraska Veterans Home!



Tristina Meister



Ivan Rios



Avery Ehler



Jonathan Phipps



Joshua Raum



James Carter



Ed Wiles



Landon Herman



Stacey Lamar



Sarah Aubaugh



Molly Kilthau



Alisia Richards